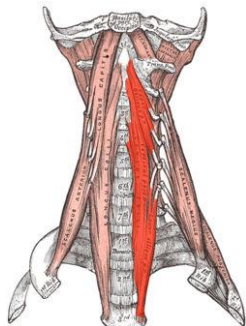


Deep Neck Flexor Strengthening

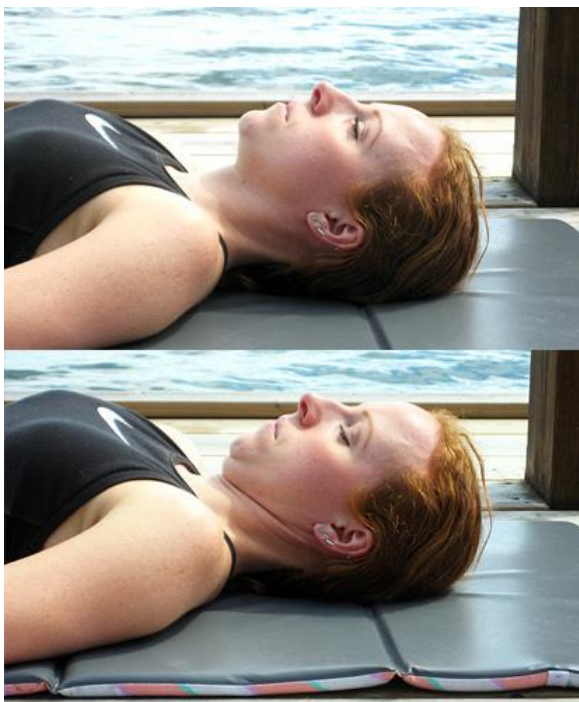


The deep neck flexors are the muscles at the front of your neck that help to stabilize and support the spine. With forward head posture, the deep neck flexors are generally long and weak, while the muscles at the back of the neck are tight and short. Strengthening the deep neck flexors will help to also lengthen the tight back muscles.

To strengthen the deep neck flexors: STANDING



- 1) Standing with your head back against the wall with your knees slightly bent and your lower back relaxed against the wall also.
- 2) Slightly nod your chin in and lengthen your neck by sliding the back of your head slightly up the wall towards the ceiling.
- 3) It is important here to also consider correcting your vision to horizontal here. Usually if you have forward head posture and then correct your posture with this exercise, you will feel as if you are looking downwards.
- 4) Hold for a count of 10-20 seconds. Repeat to fatigue. Aim for 2 set of 8-10 repetitions. This is an endurance exercise and should be gentle to moderate in nature.
Try to apply this to day to day posture as well!



LAYING DOWN

Laying down, with or without a pillow, whichever is most comfortable

Nod your chin in while lengthening your neck along the floor/pillow. Imagine making your neck longer.

Remember to keep breathing while holding the nod.

You may touch your neck muscles at the front. You want to feel a small tightening of the muscles at the front of the neck, especially up under the jaw. Try to avoid pulling with the bigger muscles.

Hold for a count of 10-20 seconds and repeat to fatigue. Aim for 2-3 sets of 10 repetitions.